

Y 48 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick	600
2	7	Technique	4 X 50 Back drills on 1:15 single arm – R/L fist double arm pull	800
3	25	Endurance	8 X 150: 25 BK easy/100 FR/25 BK hard. :15 RI	2000
5	6	Recovery	300: 25 BR/25 FL continuous	2300
6	18	Threshold	5 X (100 IM kick hard + 50 FR easy) :30 RI	3050
7	11	Speed	20 X 25 on :30 Hard down, easy back	3550
8	4	Warmdown	Easy 200	3750

Y 48 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick	600
2	7	Technique	4 X 50 Back drills on 1:15 single arm – R/L fist double arm pull	800
3	20	Endurance	6 X 150: 25 BK easy/100 FR/25 BK hard. :15 RI	1700
5	6	Recovery	250: 25 BR/25 FL continuous	1950
6	18	Threshold	4 X (100 IM kick hard + 50 FR easy) :30 RI	2550
7	11	Speed	16 X 25 on :30 Hard down, easy back	2950
8	4	Warmdown	Easy 200	3150